New England Recipes

A New England Cookbook with Delicious New England Recipes

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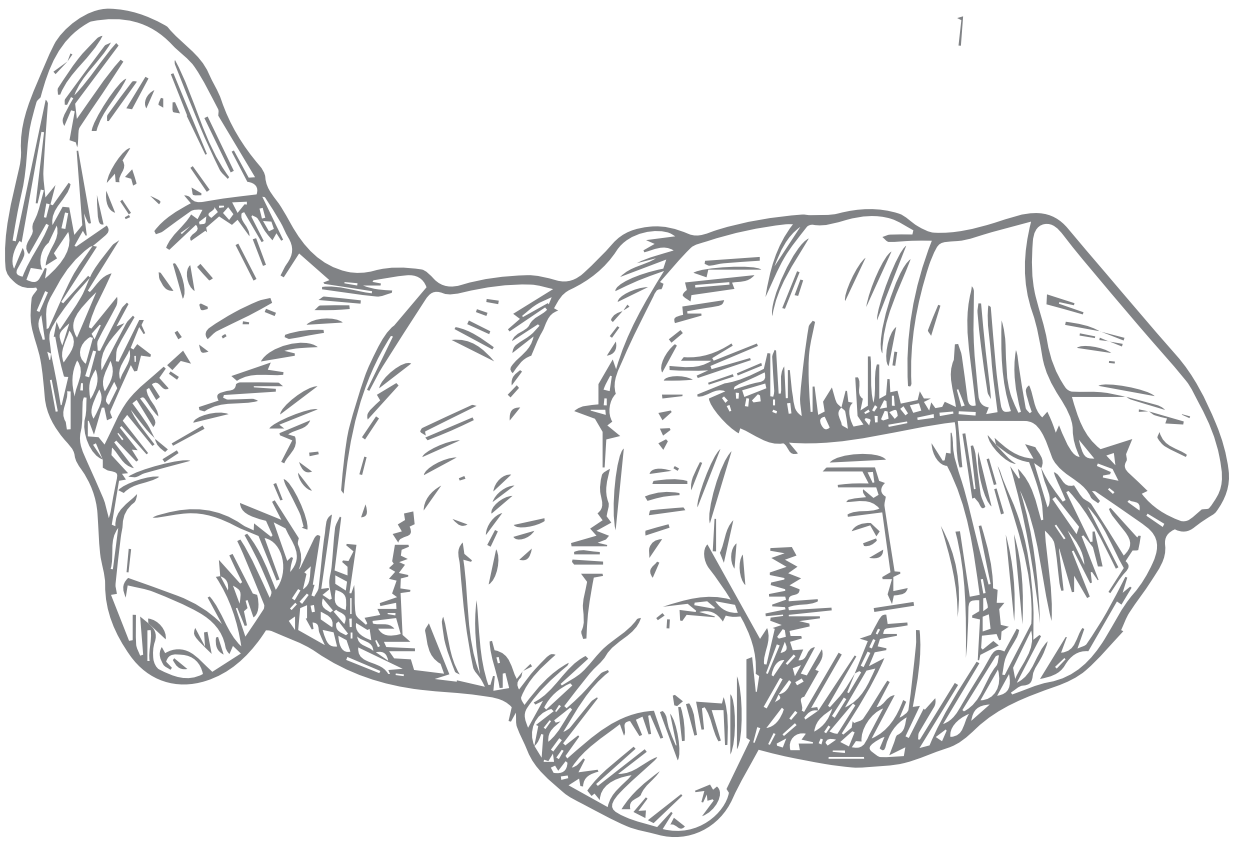

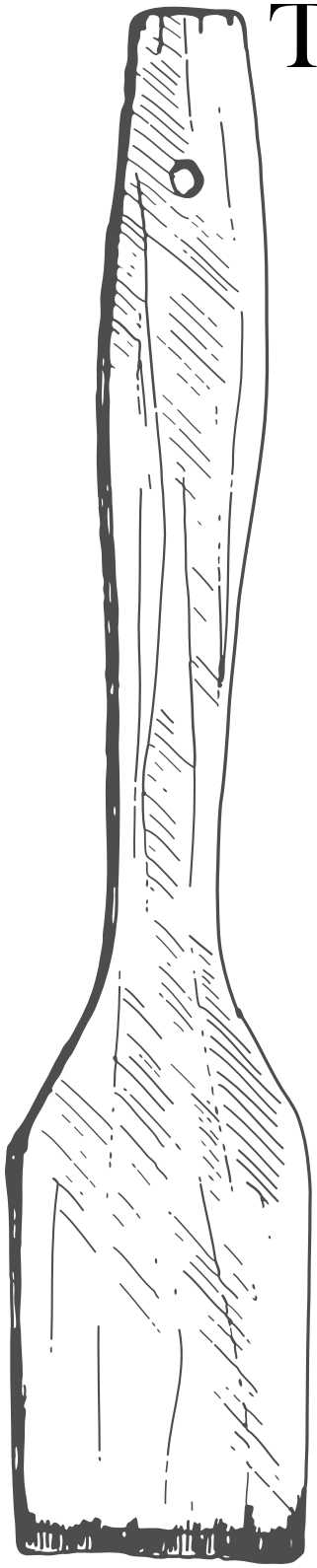

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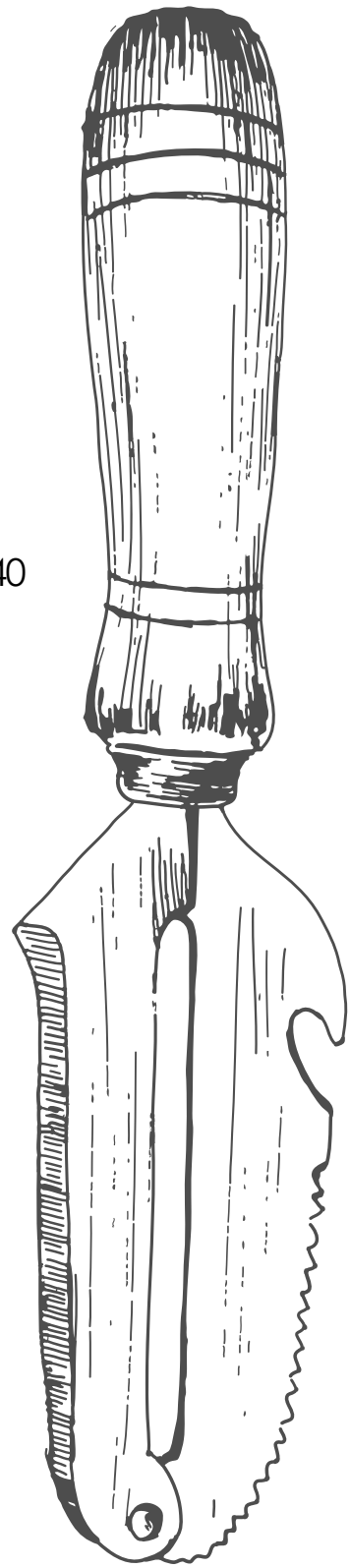

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Easy Country Style Lobster Rolls

Prep Time: 30 mins
Total Time: 30 mins

Servings per Recipe: 4	
Calories	293.8
Fat	13.4g
Cholesterol	7.6mg
Sodium	693.4mg
Carbohydrates	37.4g
Protein	6.0g

Ingredients

1/2 C. mayonnaise
2 tsp lemon juice
1 1/2 tsp Dijon mustard
1 tsp extra virgin olive oil
1/4 tsp dried tarragon
1/4 tsp hot pepper sauce
1/4 tsp salt
1/8 tsp black pepper
2 lobster tails, cooked, shelled, and meat chopped
4 soft frankfurter rolls, split and toasted

Directions

1. In a bowl, add the mustard, mayonnaise, olive oil, lemon juice, hot-pepper sauce, tarragon, salt and pepper and beat until well combined.
2. Add the lobster meat and mix until well combined.
3. With a plastic wrap, cover the bowl and place in the fridge for about 1 1/2-2 hours.
4. Place the lobster mixture onto each roll and enjoy.

VEGETARIAN
Bisque

Prep Time: 15 mins
Total Time: 1 hr

Servings per Recipe: 6	
Calories	447.3
Fat	27.8g
Cholesterol	74.7mg
Sodium	201.8mg
Carbohydrates	46.0g
Protein	9.1g

Ingredients

4 tbsp salted butter
1 1/2 C. onions, diced
1 1/2 C. celery, diced
1 small fennel bulb, thinly sliced
1 tbsp chopped garlic
1 3/4 lb. zucchini, in large chunks
2 large potatoes, peeled and diced
6 C. vegetable stock
1 lb. firmly packed spinach leaves
1 C. heavy cream
1 nutmeg
salt and pepper
Leeks
4 medium leeks, sliced
2 tbsp olive oil
salt and pepper

Directions

1. Set your oven to 450 degrees F before doing anything else.
2. In a bowl, add the oil, leeks, salt and pepper and gently, toss to coat well. In the bottom of a roasting pan, place the leek slices in a single layer. Cook in the oven for about 20 minutes, stirring twice.
3. Meanwhile, in a Dutch oven, add the butter over medium-high heat and cook until melted. Add the fennel, celery, onion and garlic and cook for about 11-12 min, stirring frequently.
4. Add the potatoes and zucchini and stir to combine.
5. Add the stock and cook until boiling.
6. Set the heat to low and cook for about 13-15 minutes.
7. Remove from the heat and stir in the spinach until wilted.
8. In a food processor, add the soup mixture
9. in batches and pulse until smooth. In the same pan, add the pureed soup over medium heat. Add the cream, roasted leeks, nutmeg, salt and pepper and cook until heated completely. Enjoy hot.

Pre-Colonial Fried Clams

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 2	
Calories	674.5
Fat	21.0g
Cholesterol	417.6mg
Sodium	3450.6mg
Carbohydrates	47.8g
Protein	69.9g

Ingredients

3 C. soft shell clams, drained, and shucked
vegetable oil
3 eggs
1 C. evaporated milk
1 tsp salt
1/2 C. corn flour

lemon wedge
tartar sauce
ketchup

Directions

1. Arrange the prepared baking sheet in the oven.
2. In a shallow bowl, add the eggs and beat well.
3. Add the milk and salt and beat until well combined.
4. In another hallow, place the flour.
5. Dip the clams into the egg mixture for at least 1 minute.
6. Then, coat the clams with the flour, shaking off any excess.
7. In a deep skillet, add about 3-inch of the vegetable oil and cook until its temperature reaches to 375 degrees F.
8. Add the clams and fry for about 1-2 minutes.
9. With a slotted spoon, transfer the clams onto a paper towel-lined plate to drain.
10. Enjoy alongside the lemon wedges, ketchup and tartar sauce.

LOBSTER
Chowder

Prep Time: 5 mins
Total Time: 30 mins

Servings per Recipe: 8

Calories	511.2
Fat	25.3g
Cholesterol	251.6mg
Sodium	524.7mg
Carbohydrates	18.8g
Protein	49.8g

Ingredients

2 lb. white fish fillets, washed and cut into pieces
2 C. fish stock
1/2 C. butter
1/4 C. onion, chopped
1/2 C. celery, chopped
1/2 C. all-purpose flour
1 lb. clam, minced
3 C. half-and-half
2 C. red potatoes, cubed
1 bay leaf
2 tbsp parsley, chopped
1/2 lb. sea scallop, chopped
1/2 lb. shrimp, peeled, deveined, chopped
1/2 lb. lobster meat
salt
pepper
parsley

Directions

1. In a heavy bottomed pan, add the stock and fish fillets and cook until boiling. Cook, covered for about 4-5 minutes.
2. With a slotted spoon, transfer the fish fillets into a bowl and keep aside. Transfer the stock into a bowl and reserve.
3. In the same pan, add the butter over medium heat and cook until melted completely. Add the celery and onions and stir fry for about 4-5 minutes. Stir in the flour and cook for about 4 minutes, stirring continuously. Add the reserved stock and stir to combine.
4. Add the potatoes, parsley and bay leaf and cook for about 9-10 minutes. Add the shrimp and scallops and cook until tender.
5. Add the lobster clams and stir to combine.
6. Meanwhile, in a pan, add half-and-half over medium heat and cook until heated through. Add the hot half-and-half into the pan of the seafood mixture and cook until desired thickness, mixing frequently. Stir in the salt and pepper and remove from the heat.
7. Enjoy hot with a garnishing of the parsley.

Roasted Country Lamb

Prep Time: 25 mins
Total Time: 2 hrs 25 mins

Servings per Recipe: 6	
Calories	765.4
Fat	43.1g
Cholesterol	167.1mg
Sodium	1028.4mg
Carbohydrates	46.2g
Protein	46.4g

Ingredients

1 tbsp vegetable oil
2 lb. boneless lean lamb, cubed
1 large onion, chopped
1/4 C. all-purpose flour
5 C. chicken broth
2 large carrots, sliced
2 large leeks, cut into pieces
2 tbsp minced fresh parsley, divided
1 bay leaf
1/2 tsp dried rosemary, crushed
1/2 tsp salt
1/4 tsp pepper
1/4 tsp dried thyme
3 large potatoes, peeled and sliced
1/4 C. butter

Directions

1. Set your oven to 375 degrees F before doing anything else and grease a 3-quart baking dish.
2. In a Dutch oven, add the oil and cook until heated through.
3. Add the lamb and onion and cook for about 5-6 minutes.
4. Stir in the flour until well combined.
5. Stir in the broth and cook until boiling, scraping the brown bits from the bottom. Add the leeks, carrots, 1 tbsp of the parsley, rosemary, thyme, bay leaf, salt and pepper and stir to combine.
6. Remove from the heat and transfer the mixture into the prepared baking dish and top with the potatoes.
7. Place the butter on top in the shape of dots.
8. Cook in the oven for about 1 1/2-2 hours.
9. Remove from the oven and discard the bay leaf.
10. Enjoy with a garnishing of the remaining parsley.

AMERICAN
Sweet Potatoes

Prep Time: 10 mins
Total Time: 35 mins

Servings per Recipe: 6	
Calories	296.9
Fat	9.0g
Cholesterol	15.2mg
Sodium	145.2mg
Carbohydrates	53.4g
Protein	3.4g

Ingredients

1 (20 oz.) can pineapple slices
1 (17 oz.) can yams, drained
1/4 C. flour
3 tbsp brown sugar
1/2 tsp cinnamon
1/8 tsp salt
3 tbsp butter
1/4 C. nuts, chopped
1 C. miniature marshmallow, optional

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, add the flour, cinnamon, brown sugar and salt and mix well.
3. With a pastry blender, cut in butter until a coarse crumbs like mixture forms.
4. Fold in the nuts.
5. Drain the pineapple can, reserving 1/2 C. of the juice into a bowl.
6. Arrange the pineapple slices onto the sides of a baking dish.
7. Then, arrange the yams in the center of baking dish.
8. Place the reserved pineapple juice over the yams and top with the flour mixture evenly.
9. Cook in the oven for about 25 minutes.
10. Remove the baking dish from the oven.
11. Now, set the oven to broiler.
12. Place the marshmallows on top of the yams mixture and sprinkle with the salt.
13. Cook under broiler until golden brown.

Fried Clams II

Prep Time: 20 mins
Total Time: 40 mins

Servings per Recipe: 2	
Calories	407.0
Fat	12.9g
Cholesterol	206.1mg
Sodium	523.2mg
Carbohydrates	32.6g
Protein	37.1g

Ingredients

1 egg, separated
1/2 C. milk
1/4 tsp salt
1 tbsp butter, melted
1/2 C. flour, sifted
1 pint raw maine clam, shucked and drained
oil

Directions

1. In a bowl, add the egg white and beat until stiff.
2. In another bowl, add the egg yolk, butter, milk and salt and beat until well combined.
3. Add the flour and mix well.
4. Fold in the whipped egg white.
5. Coat the clams with the mixture evenly.
6. In a deep skillet, add the oil and cook until its temperature reaches to 375 degrees F.
7. Add the clams and fry until golden brown completely.
8. With a slotted spoon, transfer the clams onto a paper towel-lined plate to drain.
9. Enjoy warm.

PINEAPPLE
Apple Pudding

Prep Time: 30 mins
Total Time: 1 hr 30 mins

Servings per Recipe: 4	
Calories	1068.4
Fat	51.9g
Cholesterol	197.2mg
Sodium	54.4mg
Carbohydrates	149.0g
Protein	11.2g

Ingredients

2 (16 oz.) cans crushed pineapple in juice, well drained
2 apples, peeled, cored and diced
3/4 C. coarsely chopped walnuts
1/2 C. packed brown sugar
2 eggs, beaten
1 C. sugar
1 C. all-purpose flour
1/4 lb. unsalted butter, plus
4 tbsp unsalted butter, melted
vanilla ice cream

Directions

1. Set your oven to 325 degrees F before doing anything else.
2. In a bowl, add the apples and pineapple and mix.
3. In a second bowl, add the brown sugar walnuts and mix well.
4. In a third bowl, add the eggs and beat until thick.
5. Add the flour and sugar and mix well.
6. Add melted butter and mix until well combined.
7. In the bottom of a 9-inch square pan, place the fruit mixture and top with the walnut mixture, followed by the flour mixture.
8. Cook in the oven for about 1 hour.
9. Enjoy warm with a topping of the vanilla ice cream.

Dark Rye Bread

Prep Time: 20 mins
Total Time: 2 hrs 20 mins

Servings per Recipe: 12	
Calories	193.7
Fat	2.6g
Cholesterol	21.1mg
Sodium	239.6mg
Carbohydrates	40.1g
Protein	4.3g

Ingredients

1 C. rye flour
1 1/2 C. cornmeal
1 tsp baking soda
1/2 tsp salt
1/2 C. dark molasses, warmed
2 C. milk
1 egg, beaten
1 C. raisins

Directions

1. In a bowl, add the cornmeal, rye flour, baking soda and salt and mix well.
2. In another bowl, add the egg. milk and molasses and mix until well combined.
3. Adding the flour mixture and mix until well combined.
4. Fold in the raisins.
5. Divide the mixture into greased 2 (1-lb.) coffee cans evenly.
6. With 1 foil piece, cover each can tightly with foil and then, seal with string.
7. In a pan, add about 2-inch of the water.
8. Carefully, arrange the cans in the pan.
9. With a lid of the foil, cover the pan tightly.
10. Place the pan over high heat and cook until boiling.
11. Set the heat to low and cook for about 2 hours, checking often to keep 1-inch of water in the pan.
12. Remove from the heat and transfer the cans onto wire racks.
13. Carefully, remove the foil and keep aside to cool for about 20 minutes.
14. Carefully, invert each bread onto plates and enjoy

BOSTON
Baked Beans III

Prep Time: 1 hr
Total Time: 5 hrs

Servings per Recipe: 6	
Calories	583.8
Fat	9.9g
Cholesterol	12.8mg
Sodium	792.8mg
Carbohydrates	107.8g
Protein	19.8g

Ingredients

1 lb. dried navy beans, soaked overnight and drained
1/4 lb. turkey bacon, uncooked, cut into pieces
1/2 C. onion, chopped
1 C. brown sugar
1/2 C. ketchup
1/4 C. molasses
1/4 C. maple syrup
2 tsp dried mustard
1 tsp salt
3 C. water

Directions

1. In a pan of the water, cook the beans until desired doneness.
2. Meanwhile, set your oven to 250 degrees F.
3. In another pan, add the brown sugar, ketchup, molasses, maple syrup, mustard, salt and water and cook until boiling, stirring frequently.
4. Drain the beans well and transfer into a bean pot.
5. Add the molasses mixture, bacon and onion and stir to combine.
6. Cover the pot and cook in the oven for about 4 hours, check occasionally to keep the liquid proper.
7. Enjoy hot.

Dark Molasses Cookies

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 1

Calories	115.5
Fat	4.5g
Cholesterol	7.7mg
Sodium	80.4mg
Carbohydrates	17.4g
Protein	1.3g

Ingredients

1 C. plus 1/4 C. sugar
1 C. shortening
1 C. dark molasses
2 eggs
4 C. sifted all-purpose flour
1 tsp baking soda
1 tsp salt
2 tsp cinnamon
1 tsp ginger

Directions

1. Set your oven to 350 degrees F before doing anything else and lightly, grease a cookie sheet.
2. In a bowl, add the flour, baking soda, cinnamon, ginger and salt and mix well.
3. Now, sift the flour mixture into a second bowl.
4. In another bowl, add the shortening and 1 C. of the sugar and beat until creamy.
5. Add the eggs and molasses and beat until well combined.
6. Add the flour mixture and mix until well combined.
7. In a separate bowl, place about 1/4 C. of the sugar.
8. With the sugar coated fingers, make about 1-1/2-inch balls from the dough.
9. In the bottom of the prepared cookie sheet, arrange the dough balls about 3-inch apart.
10. Cook in the oven for about 12-15 minutes.
11. Remove from the oven and keep onto the wire rack to cool in the pan for about 5 minutes.
12. Carefully, invert the cookies onto the wire rack to cool completely.
13. Enjoy.

AUTUMN
Bisque

Prep Time: 30 mins
Total Time: 30 mins

Servings per Recipe: 12	
Calories	289.3
Fat	15.8g
Cholesterol	46.7mg
Sodium	363.3mg
Carbohydrates	31.1g
Protein	7.1g

Ingredients

1/4 lb. butter
1 medium onion, dice
1 -2 red pears, peeled seeded and chopped
2 tbsp sage leaves, chopped
3/4 C. flour
2 1/2 quarts chicken stock
2 (15 oz.) cans solid pack pumpkin
1/2 C. brown sugar
3 tsp curry powder
3/4 C. heavy cream

Directions

1. In a heavy-bottomed pot, add the butter and cook until melted.
2. Add the pears and onions and stir fry about 5 minutes.
3. Add the sage, salt and pepper and stir to combine.
4. Add the flour and cook for about 1-2 minutes, mixing continuously.
5. Gradually, add the stock slowly, beating continuously until smooth.
6. Add the pumpkin, brown sugar and curry powder and cook until boiling.
7. Cook for about 30 minutes.
8. With an immersion blender, blend the soup until pureed.
9. Stir in the cream and cook until heated completely.
10. Enjoy hot.

30-Minute Shrimp Chowder

Prep Time: 10 mins
Total Time: 30 mins

Servings per Recipe: 6	
Calories	164.7
Fat	3.2g
Cholesterol	73.0mg
Sodium	377.8mg
Carbohydrates	20.8g
Protein	13.2g

Ingredients

1 (10 oz.) boxes frozen corn in butter sauce, thawed
1 tbsp olive oil
1 medium onion, chopped
1 medium bell pepper, chopped
1 stalk celery, chopped
2 garlic cloves, chopped
1 C. reduced-sodium chicken broth
1 large potato, peeled, cubed
1/4 tsp dried thyme leaves
1/8 tsp ground red pepper
2 tbsp all-purpose flour
2 C. nonfat milk, skim
12 oz. shrimp, cooked peeled and deveined tails removed

Directions

1. In a pot, add the oil over medium heat and cook until heated through.
2. Add the celery, bell pepper, onion and garlic and stir fry for about 4-5 minutes.
3. Add the potato, thyme, red pepper and broth and bring to a boil.
4. Set the heat and cook, covered for about 8-10 minutes.
5. Stir in the corn and bring to a boil, mixing frequently.
6. Meanwhile, in a bowl, add the flour and milk and beat until smooth.
7. Add the flour mixture into the pot, stirring continuously and bring to a boil.
8. Set the heat to low and cook for about 5 minutes.
9. Stir in the shrimp and cook for about 2 minutes.
10. Enjoy hot.

ARTISANAL Pudding

Prep Time: 15 mins
Total Time: 1 hr

Servings per Recipe: 6	
Calories	355.8
Fat	16.5g
Cholesterol	160.7mg
Sodium	671.5mg
Carbohydrates	42.4g
Protein	11.5g

Ingredients

2 C. whole kernel corn
8 tbsp flour
8 tbsp sugar
4 whole eggs
1 tsp salt
1 quart whole milk
4 tbsp sweet butter, melted

Directions

1. Set your oven to 450 degrees F before doing anything else and grease a baking dish.
2. In a bowl, add the corn, butter, flour, sugar and salt and mix until well combined.
3. In another bowl, add the eggs and beat lightly.
4. Add the milk and mix well.
5. Add the milk mixture into the corn mixture and mix well.
6. In the bottom of the prepared baking dish, place the mixture evenly.
7. Cook in the oven for about 45 minutes, stirring with a fork, 3 times.
8. Enjoy warm.

Northern Black Eyed Dinner

Prep Time: 1 hr
Total Time: 12 hrs

Servings per Recipe: 5	
Calories	1121.4
Fat	56.0g
Cholesterol	189.7mg
Sodium	953.1mg
Carbohydrates	77.1g
Protein	76.9g

Ingredients

1 (16 oz.) packages dried black-eyed peas, rinsed/picked over
1 (11 1/2 oz.) cans bean with bacon soup
3 C. hot water
3 medium carrots, chopped
2 medium onions, sliced
3 lb. boneless beef chuck roast, trimmed of fat in chunks
1 tsp hickory liquid smoke
1 tsp garlic powder
1/2 tsp seasoning salt
1 (4 oz.) cans diced green chilies
1 red bell pepper, chopped

Directions

1. In a slow cooker, add the beans, onions, carrots, hot water, undiluted soup, garlic powder and seasoned salt and mix well.
2. Arrange the roast over beans mixture and
3. press into the mixture.
4. Set the slow cooker on Low and cook, covered for about 9-10 hours.
5. Now, set the slow cooker on High.
6. Stir in the bell pepper, chilies and liquid smoke and cook, uncovered for about 12-15 minutes.
7. With a slotted spoon, remove any fat from the top and enjoy.

KENNEBEC
Cake

Prep Time: 15 mins
Total Time: 1 hr

Servings per Recipe: 8	
Calories	356.3
Fat	17.8g
Cholesterol	103.4mg
Sodium	312.9mg
Carbohydrates	43.2g
Protein	6.7g

Ingredients

2 C. milk
4 tsp white vinegar
1 C. all-purpose flour
3/4 C. yellow cornmeal, preferably stone-ground
3/4 C. sugar
1/2 tsp baking soda
1/2 tsp salt
2 large eggs
2 tbsp butter
1 C. heavy cream

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, add the milk and vinegar and stir to combine.
3. Keep aside until milk becomes sour.
4. In a second bowl, add the cornmeal, flour, sugar, baking soda and salt and mix well.
5. Add the eggs into the bowl of the sour milk and beat well.
6. Add the flour mixture and mix until just combined.
7. In a 12-inch cast-iron skillet, add the butter and cook until melted.
8. Place the mixture over the butter evenly and then, put the cream in the center.
9. Transfer the skillet into the oven and cook for about 45 minutes.
10. Remove from the oven and keep aside to cool slightly.
11. Cut into desired sized wedges and enjoy warm.

My First Pot Roast

Prep Time: 15 mins
Total Time: 8 hrs 15 mins

Servings per Recipe: 4	
Calories	1212.6
Fat	67.7g
Cholesterol	234.7mg
Sodium	1068.3mg
Carbohydrates	77.7g
Protein	70.9g

Ingredients

3 - 4 lb. beef roast
8 small red potatoes, quartered
8 medium carrots, cut into chunks
1 small onion, chopped
1 (8 oz.) jars prepared horseradish
1 - 2 tsp salt
1/4 - 1/2 tsp black pepper
1 C. water
2 tbsp cornstarch
2 tbsp water

Directions

1. In a bowl, add the horseradish, 1 C. of the water, salt and pepper and mix well.
2. In a slow cooker, place the carrots, potatoes and onion and top with the beef, followed by the horseradish mixture.
3. Set the slow cooker on Low and cook, covered for about 8 - 10 hours.
4. Meanwhile, in a bowl, dissolve the cornstarch into 2 tbsp of the cold water.
5. Uncover the slow cooker and transfer 2 C. of the pan juices into a pan.
6. Stir in the cornstarch mixture and cook until desired thickness, mixing continuously.
7. Enjoy the beef and vegetables alongside the gravy.

HOT
Potato Chowder

Prep Time: 20 mins
Total Time: 1 hr 40 mins

Servings per Recipe: 4	
Calories	377.2
Fat	12.5g
Cholesterol	53.3mg
Sodium	1302.8mg
Carbohydrates	51.2g
Protein	20.4g

Ingredients

6 oz. smoked turkey breast, diced
1 medium onion, diced
2 stalks celery, diced
1 large potato, diced
4 C. chicken broth
1/4 C. green chili, mild, chopped, canned
1 lb. corn
1/2 C. cream
salt and pepper

Directions

1. In a pan, add all the ingredients except the cream and cook until boiling.
2. Set the heat to low and cook for about 1 hour.
3. Stir in the cream and cook for about 18 - 20 minutes, mixing occasionally.
4. Enjoy warm.

Waterbury Chicken Hot Pot

Prep Time: 15 mins
Total Time: 45 mins

Servings per Recipe: 6	
Calories	579.8
Fat	38.9g
Cholesterol	199.0mg
Sodium	287.1mg
Carbohydrates	21.2g
Protein	36.3g

Ingredients

2 tbsp olive oil
2 lb. chicken breasts, cut into pieces
1 beaten egg, with
1/2 tsp hot pepper sauce
seasoning salt
flour
2 ripe pears, pared, cored, cut into wedges
1 granny smith apple, pared, cored, cut into wedges
2 tbsp butter
2 celery ribs, chopped
2 large onions, diced
2 C. chicken stock
2/3 C. apple cider, reduced
1 C. heavy cream
1/2 tsp vanilla extract
1/3 C. toasted chopped hazelnuts
2 chopped scallions

Directions

1. For reduced apple cider: in a pan, add 2 C. of the apple cider and boil until reduces to half.
2. In 2 separate shallow dishes, place the egg mixture and seasoned flour respectively.
3. Dip the chicken pieces into the egg mixture and then, coat with the seasoned flour.
4. In a skillet, add the oil over medium-high heat and cook until heated through.
5. Add the chicken pieces and cook until browned completely.
6. With a slotted spoon, transfer the chicken pieces onto a plate.
7. In the same skillet, add the pear and apple pieces and stir fry for about 3 minutes.
8. With a slotted spoon, transfer the fruit pieces into a bowl.
9. In the same skillet, add the butter and cook until melted.
10. Add the onion and celery and stir fry for about 4-5 minutes.
11. Add the cooked chicken, broth and 2/3 C. of the apple cider and cook until boiling.
12. Set the heat to low and cook, covered for about 18-20 minutes.
13. Stir in the fruit pieces with any juices and cook until heated completely.
14. Enjoy hot with a topping of the scallion and hazelnuts.

HOW TO MAKE
Chop Suey

Prep Time: 15 mins
Total Time: 30 mins

Servings per Recipe: 8	
Calories	436.5
Fat	10.3g
Cholesterol	38.5mg
Sodium	891.8mg
Carbohydrates	64.9g
Protein	22.8g

Ingredients

1 medium yellow onion, chopped
3 large garlic cloves, minced
1 lb. ground beef
1 lb. elbow macaroni
1 tsp dried parsley
1/2 tbsp kosher salt
1/2 tsp black pepper
1/2 tsp cayenne pepper
1 (28 oz.) cans Italian-style crushed tomatoes
2 (10 oz.) cans condensed tomato soup
10 oz. water
1 tsp sugar
8 baby portabella mushrooms, sliced

Directions

1. In the pan of the water, add a splash of the oil, oregano and salt and cook until boiling. Add the elbow macaroni and cook for about 9-10 minutes. Drain the pasta and return to pan.
2. In a skillet, 1/2 tbsp of the oil over medium heat and cook until heated.
3. Add the onion and cook for about 4-5 minutes.
4. Add the beef and cook until browned completely.
5. Add the mushrooms and garlic and cook for about 2 minutes.
6. Remove the excess grease from the skillet.
7. Transfer the beef mixture into the pan with the pasta over low heat.
8. Add the condensed tomato soup, tomatoes and 1 soup can filled water worth of water and cook for about 12-15 minutes.
9. Stir in the sugar, cayenne pepper, salt and black pepper and remove from the heat.
10. Enjoy hot.

Easy Coffee Cakes

Prep Time: 30 mins
Total Time: 1 hr 25 mins

Servings per Recipe: 8	
Calories	263.1
Fat	8.5g
Cholesterol	28.5mg
Sodium	194.2mg
Carbohydrates	43.0g
Protein	5.7g

Ingredients

1 1/2 C. whole wheat flour, sifted
1/2 C. white flour, sifted
1 C. frozen cranberries
2/3 C. granulated sugar
1/2 C. chopped walnuts
2 tsp baking powder
1 tsp grated orange peel
1/2 tsp baking soda
1/2 C. milk
1/3 C. orange juice
1/4 C. canola oil
2 tbsp unsweetened applesauce
1 egg
1 egg white

Directions

1. Set your oven to 375 degrees F before doing anything else and grease a 9x5-inch loaf pan.
2. In a bowl, add the flours, walnuts, cranberries, orange peel, sugar, baking powder and baking soda and mix until well combined.
3. In another bowl, add the egg, egg white, applesauce, oil, milk and orange juice and beat until well combined.
4. Add the flour mixture and mix until just combined.
5. Place the mixture into the prepared loaf pan evenly.
6. Cook in the oven for about 55 minutes or until a toothpick inserted in the center comes out clean.
7. Remove from the oven and keep onto the wire rack to cool in the pan for about 10-15 minutes.
8. Carefully, invert the cake onto the wire rack to cool completely.
9. Cut into desired sized slices and enjoy.

CITRUS
Mint Morning Tea

Prep Time: 5 mins
Total Time: 15 mins

Servings per Recipe: 12	
Calories	73.6
Fat	0.0g
Cholesterol	0.0mg
Sodium	3.8mg
Carbohydrates	19.0g
Protein	0.1g

Ingredients

1 C. water
1 C. sugar
2 tsp black tea
1/4 tsp dried mint
1/2 tsp allspice
6 tbsp lemon juice
3/4 C. orange juice
2 quarts water, boiling

Directions

1. In a pan, add the sugar and water and boil for about 4-5 minutes.
2. Stir in the mint, tea and allspice and immediately, cover the pan.
3. Remove from the heat and keep aside, covered to steep for about 10 minutes.
4. Through a trainer, strain the tea into a pan.
5. Add the boiling water, lemon and orange juice and cook until boiling.
6. Enjoy hot.

Salem Hot Dog Puffs

Prep Time: 10 mins
Total Time: 20 mins

Servings per Recipe: 6	
Calories	328.0
Fat	19.2g
Cholesterol	34.0mg
Sodium	868.1mg
Carbohydrates	28.7g
Protein	10.2g

Ingredients

6 beef hot dogs
2 tbsp butter, divided in half
6 hot dog buns
2 tbsp sweet relish
2 tbsp ketchup
2 tbsp yellow mustard
2 tbsp cider vinegar
1 lb. napa cabbage, shredded & chopped
salt and pepper

Directions

1. In a bowl, add the mustard, ketchup, relish and vinegar and mix until well combined.
2. Add the cabbage, salt and pepper and mix until well combined.
3. With a fork, pierce the casing pf hot dogs.
4. In a skillet, add hot dogs and 1-inch of water and cook until boiling.
5. Cook for about 5-7 minutes.
6. Drain the hot dogs completely.
7. In the same skillet, add 1 tbsp of the butter over medium heat and cook until melted.
8. Add the hot dogs and cook until browned completely.
9. Transfer the hot dogs into a bowl.
10. With paper towels, wipe out the skillet.
11. In the same skillet, add the remaining butter and cook until melted.
12. Add the rolls and cook until golden brown.
13. Place the hot dogs in each roll and top with the cabbage slaw.
14. Enjoy.

5-INGREDIENT
Fish Cakes

Prep Time: 30 mins
Total Time: 2 hrs 30 mins

Servings per Recipe: 6	
Calories	270.3
Fat	2.6g
Cholesterol	132.8mg
Sodium	4015.9mg
Carbohydrates	20.0g
Protein	39.5g

Ingredients

1 lb. salt cod fish
2 lb. potatoes
2 eggs, well beaten with
1/2 tsp fresh ground black pepper
butter

Directions

1. In a bowl, soak the cod into cold water and keep aside for about 1 1/2-2 hours, changing the water twice.
2. Now, tear the cod into pieces.
3. Cut the edges of the potatoes.
4. In a pan of the water, add the cod and cook until potatoes are tender.
5. Drain well and transfer the cod and potatoes in separate bowls separately.
6. With a fork, mash the potatoes.
7. Carefully, shred the cod, removing any bones.
8. In the bowl, add the cod, potatoes, egg mixture and salt and mix well.
9. Make 1/2-inch thick patties from the mixture.
10. In a heavy skillet, add the butter over medium heat and cook until melted.
11. Add the patties and cook for about 4-6 minutes, flipping once half way through.
12. Enjoy hot.

Portsmouth Deli Crab Melts

Prep Time: 15 mins
Total Time: 25 mins

Servings per Recipe: 4	
Calories	539.7
Fat	29.7g
Cholesterol	76.3mg
Sodium	1162.9mg
Carbohydrates	36.7g
Protein	32.1g

Ingredients

3 jarred roasted red peppers, drained
salt
pepper
1 lemon, juice
3 tbsp olive oil
12 oz. imitation crab meat
2 tsp Old Bay Seasoning
2 sprigs tarragon, leaves stripped from the stems and chopped
2 celery ribs, chopped
3 scallions, chopped
4 English muffins, split
unsalted butter, softened
2 C. watercress, chopped
2 C. shredded Gruyere cheese

Directions

1. Set the broiler of your oven.
2. In a blender, add the peppers, lemon juice, hot sauce, salt and pepper and pulse until combined.
3. While the motor is running, add the olive oil and pulse until smooth.
4. In a bowl, add the crab, pepper dressing, celery, scallions, tarragon and seafood seasoning. and mix until well combined.
5. Cook under the broiler until toasted lightly.
6. Remove them from muffins from the oven and keep aside.
7. Place the butter onto each muffin half evenly, followed by the watercress, crab salad and cheese.
8. Cook the open face sandwiches under the broiler for about 1-2 minutes.
9. Enjoy hot.

CLASSICAL
Baked Beans from Boston

Prep Time: 30 mins
Total Time: 3 hrs

Servings per Recipe: 6	
Calories	390.1
Fat	1.3g
Cholesterol	0.0mg
Sodium	461.6mg
Carbohydrates	80.1g
Protein	17.3g

Ingredients

1 lb. dried navy beans, discarded discolored beans, soaked overnight and drained
1 large onion, coarse chop
2 tbsp Dijon mustard
1/4 C. dark brown sugar
1/3 C. light brown sugar
1/4 C. molasses
1 tsp salt

Directions

1. In a pan, add the beans with enough water to cover by 1-inch and cook until boiling.
2. Set the heat to low and simmer for about 43-45 minutes.
3. Drain the beans, reserving the cooking water into a bowl.
4. Set your oven to 325 degrees F.
5. In a bean pot, add the beans, mustard, onion, molasses, both brown sugars, salt with enough of the reserved cooking water to just cover the mixture and stir to combine.
6. Place the pot over high heat and cook until boiling.
7. Remove from the heat and immediately, transfer into the oven.
8. Cover the pot with the lid and cook in the oven for about 2 hours, checking after every 30 minutes.
9. Remove the lid and cook for about 20-30 minutes.
10. Enjoy hot.

Brenda's Tuna Melts

Prep Time: 30 mins
Total Time: 40 mins

Servings per Recipe: 4	
Calories	673.7
Fat	42.2g
Cholesterol	153.2mg
Sodium	1415.5mg
Carbohydrates	19.2g
Protein	53.9g

Ingredients

4 sandwich-size sourdough English muffins, halved horizontally
2 (9 oz.) cans tuna in water, well-drained
5 tbsp sweet pickle relish
1/2 medium white onion, chopped
2 stalks celery & leaves, chopped
2 tsp Old Bay Seasoning
1/2 C. mayonnaise
4 radishes, chopped
salt
black pepper
2 vine-ripened tomatoes, sliced
3/4-1 lb. sharp white cheddar cheese, sliced

Directions

1. Set the broiler of your oven.
2. Arrange the muffin halves onto a baking sheet, cut side up.
3. Cook under the broiler until toasted lightly.
4. Remove them from muffins from the oven but leave the broiler on.
5. In a bowl, add the relish, mayonnaise, tuna, celery, onion, radishes, Old Bay seasoning, salt and pepper and with 2 forks, mash until well combined.
6. Place the tuna mixture top of the each muffin half evenly, followed by the tomato and cheese slices.
7. Cook the open face sandwiches under the broiler until the cheese is melted.
8. Enjoy hot.

NEWPORT
Scallop Platter

Prep Time: 15 mins
Total Time: 45 mins

Servings per Recipe: 8	
Calories	440.6
Fat	25.4g
Cholesterol	139.1mg
Sodium	502.5mg
Carbohydrates	27.6g
Protein	24.7g

Ingredients

1/2 C. butter, melted
2 C. breadcrumbs
1 quart oyster, shucked
1 tbsp celery seed
salt and pepper
1 C. cream
1 pint scallops

Directions

1. Set your oven to 400 degrees F before doing anything else and grease a baking dish.
2. In a bowl, add the breadcrumbs and butter and mix well.
3. In the bottom of the prepared baking dish, spread 1/3 of the breadcrumbs mixture.
4. Place the half of the oysters on top, followed by half of the seasonings, some of the cream, half of the scallops, seasonings, 1/3 of the breadcrumbs mixture, remaining oysters, cream, scallops and remaining breadcrumbs mixture.
5. Cook in the oven for about 30 minutes.
6. Enjoy hot.

American Cheese Pops

Prep Time: 15 mins
Total Time: 20 mins

Servings per Recipe: 6	
Calories	113.7
Fat	2.5g
Cholesterol	64.8mg
Sodium	288.4mg
Carbohydrates	17.2g
Protein	4.9g

Ingredients

1 C. flour
1 tsp baking powder
1/2 tsp salt
1/4 tsp paprika
1/4 tsp dry mustard
2 eggs, separated
1/2 C. milk
1 C. American cheese, grated
oil

Directions

1. In a bowl, add the flour, baking powder, mustard, paprika and salt and mix well.
2. Now, sift the flour mixture into a second bowl.
3. In another bowl, add the egg yolks and beat well.
4. Add the milk and stir to combine.
5. add the flour mixture and mix until well combined.
6. Add the cheese and stir to combine.
7. In a glass bowl, add the egg whites and beat until stiff peaks form.
8. Gently, fold the whipped egg whites into the flour mixture.
9. In a deep skillet, add the oil and cook until its temperature reaches to 360 degrees F.
10. With a spoon, add the mixture and cook until golden brown completely.
11. With a slotted spoon, transfer the puffs onto a paper towel-lined plate to drain.
12. Enjoy.

COUNTRY STYLE
Squash

Prep Time: 15 mins
Total Time: 30 mins

Servings per Recipe: 5	
Calories	297.1
Fat	11.9g
Cholesterol	24.4mg
Sodium	81.0mg
Carbohydrates	53.2g
Protein	3.3g

Ingredients

1 medium butternut squash, halved lengthwise and seeded
1/4 C. butter, melted
1/4 C. maple syrup
3/4 C. ground cinnamon
1/4 C. ground nutmeg

Directions

1. In a microwave-safe dish, place the squash halves, cut side down.
2. Add about 1/2-inch of the water in the dish.
3. Cover the dish and microwave on High for about 18-20 minutes.
4. Drain the squash halves completely and keep aside to cool slightly.
5. With a spoon, scoop out the pulp and transfer into a bowl.
6. With a potato masher, mash the pulp.
7. Add the maple syrup, butter, nutmeg and cinnamon and mix well.
8. Enjoy.

American Blueberry Pie

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 6	
Calories	508.4
Fat	26.9g
Cholesterol	59.4mg
Sodium	289.7mg
Carbohydrates	66.2g
Protein	3.7g

Ingredients

4 C. blueberries
1/2 C. granulated sugar
1/2 C. light brown sugar
2 1/2 tbsp flour
1 tbsp butter
1 tbsp lemon juice
1/4 tsp allspice
1/4 tsp cinnamon
1/8 tsp nutmeg
1/4 tsp salt
1 pie shell, baked
1 C. whipping cream
1/2 tsp vanilla
sugar

Directions

1. In a pot, add the butter, 2 C. of the blueberries, flour, sugars, lemon juice, spices and salt over low heat and cook until just boiling.
2. Set the heat to low and cook for about 5 minutes, mixing continuously.
3. Add the remaining blueberries and stir to combine.
4. Place the mixture into the baked pie shell evenly.
5. Refrigerate to chill completely.
6. Enjoy with a topping of the whipped cream.

VERMONT
Autumn Muffins

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 1	
Calories	1563.4
Fat	105.5g
Cholesterol	303.6mg
Sodium	1899.7mg
Carbohydrates	134.8g
Protein	24.4g

Ingredients

2 C. all-purpose flour
2 tsp baking powder
1 1/4 tsp baking soda
1/4 tsp salt
1/2 C. butter, softened
1/4 C. pure maple syrup
1 1/2 C. sour cream
1 large egg
1/2 C. pecans, chopped

Directions

1. Set your oven to 375 degrees F before doing anything else and line 12 cups of a muffin pan with the paper liners.
2. In a bowl, add the flour, baking soda, baking powder and salt and mix well.
3. In another bowl, add the butter and with an electric mixer, beat on medium speed until fluffy and light.
4. Gradually, add the maple syrup and beat until well combined.
5. Add the egg and sour cream and beat until well combined.
6. Add the flour mixture, 1/2 C. at a time and beat on low speed until just combined.
7. Gently, fold in the pecans.
8. the mixture into the prepared muffin cups about 2/3 of the full.
9. Cook in the oven for about 15-20 minutes.
10. Remove from the oven and keep onto the wire rack to cool in the pan for about 5 minutes.
11. Carefully, invert the muffins onto the wire rack to cool completely.
12. Enjoy.

Chili New Providence

Prep Time: 20 mins
Total Time: 4 hrs 20 mins

Servings per Recipe: 8

Calories	408.3
Fat	15.7g
Cholesterol	0.0mg
Sodium	1951.9mg
Carbohydrates	55.1g
Protein	15.6g

Ingredients

1/2 C. dried great northern beans, soaked and drained
1/2 C. dried red kidney beans, soaked and drained
1/2 C. dried black-eyed peas, soaked and drained
1/2 C. dried black beans, soaked and drained
1/2 C. olive oil
3 tbsp minced garlic
2 1/2 C. onions, diced
2 C. carrots, diced
1 C. yellow pepper, diced
1 C. sweet red pepper, diced
1 C. green pepper, diced
3 C. canned diced tomatoes
2 C. v 8 vegetable juice
1 C. vegetable stock
1 1/2 tbsp chili powder
1 1/2 tbsp cumin
1 tbsp oregano
1 tbsp basil
3 bay leaves
2 tbsp kosher salt
1 tsp pepper
2 tbsp Tabasco sauce
2 tbsp balsamic vinegar

Directions

1. In a pan of the water, add all the beans and cook until boiling.
2. Cook for about 2 1/2-3 hours. Drain the beans and keep aside to cool. In the same pan, add the oil and cook until heated through.
3. Add the peppers, carrots, onions and garlic and cook for about 8-10 minutes. Add the tomatoes, beans, V-8, basil, oregano, bay leaves, cumin and chili powder and stir to combine.
4. Set the heat to low and cook, covered for about 1 hour.
5. Stir in the Tabasco sauce, vinegar, salt and pepper and remove from the heat.
6. Enjoy hot.

MASHED POTATO
Alternative (Creamy Turnips)

Prep Time: 6 mins
Total Time: 27 mins

Servings per Recipe: 4	
Calories	92.8
Fat	6.7g
Cholesterol	18.0mg
Sodium	565.8mg
Carbohydrates	7.7g
Protein	1.3g

Ingredients

1 lb. turnip, peeled and cubed
1/2 tsp salt
2 tbsp butter
2 tbsp half-and-half
1/4 tsp salt
1/4 tsp pepper

Directions

1. In a pan of the boiling water, add the turnip and 1/2 tsp of the salt and cook until boiling.
2. Set the heat to low and cook, covered for about 18-20 minutes.
3. Drain the turnips completely and return into the same pan over low heat
4. Cook for about 1 minute and remove from the heat.
5. Immediately, add the half-and-half, butter, remaining salt and pepper and with a potato masher, mash until soft and fluffy.
6. Enjoy hot.

White Bean Casserole

Prep Time: 25 mins
Total Time: 1 hr 25 mins

Servings per Recipe: 8	
Calories	330.3
Fat	6.5g
Cholesterol	15.2mg
Sodium	517.8mg
Carbohydrates	59.8g
Protein	11.6g

Ingredients

1 (48 oz.) jars great northern beans, drained
4 tbsp butter
3 C. cubed tart cooking apples
1/2 C. chopped onion
3/4 C. light brown sugar
1/2 C. catsup
1 tsp cinnamon
1 tsp salt
1 tsp fresh ground black pepper

Directions

1. Set your oven to 375 degrees F before doing anything else.
2. In a skillet, add the butter and cook until melted.
3. Add the onions and apples and cook for about 8-10 minutes.
4. Add the brown sugar and cook until dissolved, mixing continuously.
5. Add the catsup, cinnamon, salt and pepper and stir to combine.
6. In the bottom of a casserole dish, place the beans and apple mixture and stir to combine well.
7. Cook in the oven for about 1 hour.
8. Enjoy hot.

DINNER ROLLS
New England Style

Prep Time: 3 hrs
Total Time: 3 hrs 20 mins

Servings per Recipe: 1

Calories	137.8
Fat	1.5g
Cholesterol	3.4mg
Sodium	86.3mg
Carbohydrates	26.9g
Protein	3.7g

Ingredients

1 large potato, peeled, cubed, cooked and mashed
3/4 C. potato water
1/2 tsp salt
2 tbsp sugar
1 1/2 tbsp butter
4 tbsp lukewarm milk
1 (1 tbsp) package active dry yeast
3 1/2 C. flour

Directions

1. In a bowl, add the yeast, 1 tbsp of the sugar and 1/4 C. of the warm potato water and mix until well combined. In a bowl, add the potatoes and mash well. Add the butter, milk, reserved potato water, 1 tbsp of the sugar and salt and mix until well combined.
2. Add the yeast mixture and stir to combine.
3. Add 2 C. of the flour and beat until well combined.
4. Add the remaining flour and mix until just firm dough forms.
5. Now, with your hands, knead the dough until smooth.
6. In a bowl, add the dough and coat the top with some oil.
7. With a plastic wrap, cover the bowl and keep aside until doubled in size.
8. Transfer the dough onto a floured surface and pat into 1/2-inch thickness.
9. Make 16-20 rolls from the dough and arrange into a greased baking dish.
10. Keep aside for about 35-45 minutes.
11. Set your oven to 400 degree F.
12. Cook the rolls in the oven for about 20 minutes.
13. Enjoy warm.

Boston Chicken McMuffins

Prep Time: 30 mins
Total Time: 42 mins

Servings per Recipe: 4	
Calories	399.7
Fat	27.3g
Cholesterol	130.0mg
Sodium	232.4mg
Carbohydrates	12.7g
Protein	27.1g

Ingredients

1 1/3 lb. ground chicken
salt
black pepper
1 tsp poultry seasoning
4 tbsp extra virgin olive oil
1 small red onion, sliced
1 granny smith apple, quartered, cored, and sliced
4 sandwich-size English muffins, split and toasted
8 slices sharp aged cheddar cheese
4 tbsp honey mustard
1 1/2 C. watercress, chopped
specialty potato chips

Directions

1. Set the broiler of your oven. In a bowl, add the chicken, poultry seasoning, salt and pepper and mix well.
2. Make 4 thin patties from the mixture.
3. In a skillet, add 2 tbsp of the oil over medium-high heat and cook until heated through. Add the chicken patties and cook for about 10 minutes, flipping once half way through.
4. Meanwhile, in another skillet, add 2 tbsp of the oil over medium-high heat and cook until heated through.
5. Add the apples, onions, salt and pepper and cook for about 5-7 minutes. Arrange 1 chicken patty onto bottom half of each English muffin, followed by some of the apple mixture and 2 cheese slices.
6. Cover with the top halves of English muffins. Cook under the broiler for about 1-2 minutes. Place 1 tbsp of the honey mustard on top of each muffin. Now, place the watercress over each chicken patty and cover with the top halves of English muffins.
7. Enjoy alongside the potato chips.

TRADITIONAL
New England Bread (Molasses and Cornmeal)

Prep Time: 15 mins
Total Time: 3 hrs 15 mins

Servings per Recipe: 8	
Calories	270.6
Fat	4.1g
Cholesterol	0.7mg
Sodium	317.7mg
Carbohydrates	50.4g
Protein	7.2g

Ingredients

1 1/2 lb. loaf
1 1/4 C. water
1/4 C. nonfat dry milk powder
1 tsp salt
3 tbsp light molasses
2 tbsp vegetable oil
3 1/4 C. bread flour
1/3 C. cornmeal
1 1/4 tsp bread machine yeast

Directions

1. In the bread machine pan, place all the ingredients in the order as suggested by the manual.
2. Select the Basic Cycle and press the Start button.
3. After the completion of cycle, immediately transfer the bread onto a wire rack to cool before slicing.
4. Cut into desired sized slices and enjoy.

Cocoa Pudding Massachusetts

Prep Time: 40 mins
Total Time: 40 mins

Servings per Recipe: 4	
Calories	289.8
Fat	4.8g
Cholesterol	4.2mg
Sodium	408.3mg
Carbohydrates	59.3g
Protein	3.3g

Ingredients

Dry Ingredients
1/2 C. flour
1 tsp baking powder
1/2 tsp salt
1/3 C. sugar
1 tbsp cocoa
Wet Ingredients
1/2 C. milk
1 tbsp melted shortening
1/2 tsp vanilla
Topping
1/2 C. brown sugar
2 tbsp cocoa
Topping 2
3/4 C. boiling water

Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 9x9-inch baking dish.
2. In a bowl, add the flour, sugar, 1 tbsp of the cocoa powder, baking powder and salt and mix well.
3. Now, sift the flour mixture into a second bowl.
4. Add the shortening, milk and vanilla and mix until well combined.
5. For the topping: in another bowl, add the brown sugar and 2 tbsp of the cocoa powder and mix well.
6. Place the mixture into the prepared baking dish evenly and top with the brown sugar mixture.
7. Gently, place the boiling water on top.
8. Cook in the oven for about 30-35 minutes.
9. Enjoy warm.

VERMONT
Pierogies

Prep Time: 5 mins
Total Time: 22 mins

Servings per Recipe: 4	
Calories	298.4
Fat	20.7g
Cholesterol	48.8mg
Sodium	571.6mg
Carbohydrates	20.5g
Protein	10.4g

Ingredients

1 tsp Old Bay Seasoning
1/2 medium head green cabbage, quartered
2 ears corn, each halved
1 1/2 tbsp butter
1 (12 oz.) boxes frozen pierogis, cooked
8 oz. beef kielbasa, sliced thick

Directions

1. In a Dutch oven, add the seasoning and 1 C. of the water and cook until boiling.
2. Add the 1/2 tbsp of the butter, kielbasa, corn and cabbage and cook, covered for about 9-10 minutes, mixing twice.
3. Add the remaining butter and pierogis and toss to combine.
4. Enjoy hot.

American Cranberry Cobbler

Prep Time: 5 mins
Total Time: 45 mins

Servings per Recipe: 6	
Calories	281.4
Fat	20.6g
Cholesterol	75.9mg
Sodium	111.3mg
Carbohydrates	22.8g
Protein	2.9g

Ingredients

1/2 C. unsalted butter, softened
1 1/2 C. cranberries
1/3 C. pecans, toasted, chopped
1/3 C. sugar
1 large egg
1/2 C. all-purpose flour
1/4 tsp salt

Directions

1. Set your oven to 325 degrees F before doing anything else and grease bottom and halfway up sides of an 8-inch square glass baking dish with 2 tbsp of the butter.
2. In the bottom of the prepared baking dish, place the cranberries evenly and top with the pecans, followed by 1/3 C. of the sugar.
3. In a pan, add the remaining 6 tbsp of the butter over medium-low heat and cook until melted completely.
4. Remove from the heat and keep aside.
5. In the bowl of an electric mixer, fitted with the whisk attachment, add the remaining sugar and egg and beat on medium-high speed until thick and pale. Now, set the speed on medium-low.
6. Slowly, add the flour and salt and beat until well combined.
7. Slowly, add the melted butter and beat until smooth.
8. Place the flour mixture over the cranberries evenly.
9. Cook in the oven for about 45 minutes or until a toothpick inserted in the center comes out clean.
10. Remove from the oven and keep onto the wire rack to cool in the pan for about 10 minutes.
11. Carefully, invert the cake onto the wire rack to cool completely.
12. Enjoy warm.

BLACKSTONE
Corn Fritters

Prep Time: 10 mins
Total Time: 20 mins

Servings per Recipe: 6

Calories	131.4
Fat	2.1g
Cholesterol	38.1mg
Sodium	311.2mg
Carbohydrates	24.1g
Protein	4.7g

Ingredients

1 C. flour, sifted
1 1/2 tsp baking powder
1/2 tsp salt
1 egg, well beaten
1/2 C. milk
1 C. corn, cream style
1 tsp grated onion

Directions

1. In a bowl, add the flour, salt and baking powder.
2. Now, sift the flour mixture into a second bowl.
3. In another bowl, add the milk, egg and corn and beat until well combined.
4. Add the flour mixture and mix until just combined.
5. Fold in the onion.
6. Place a greased skillet over heat until heated through.
7. With a small spoon, place the mixture and cook for about 3-4 minutes, flipping once half way through.

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